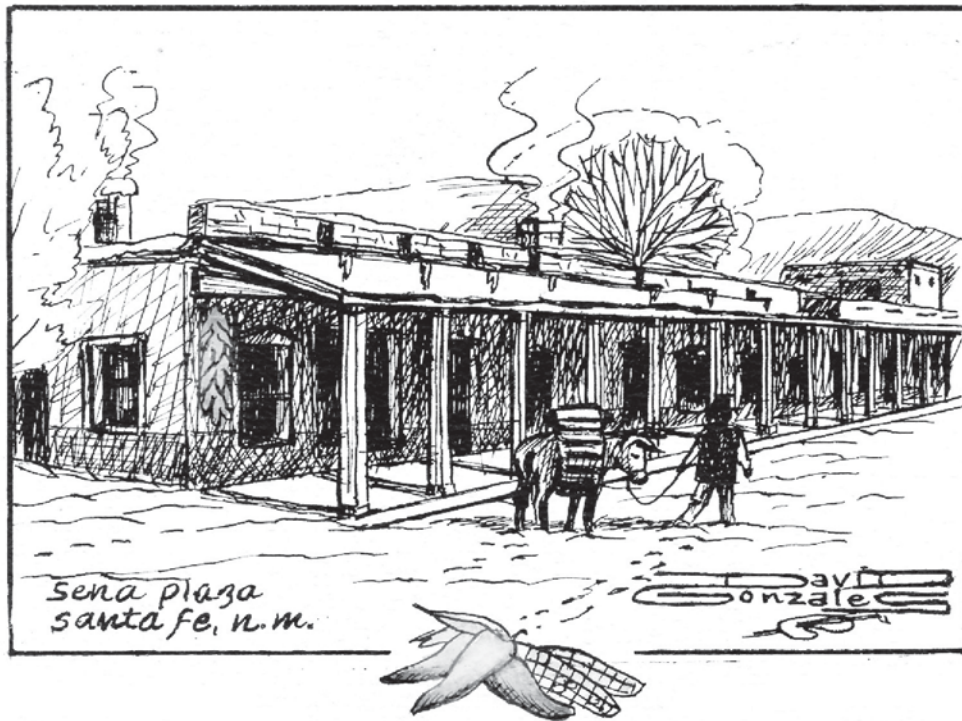


September 2004

The Senior Scene *Vistas De Los Mayores*

City of Santa Fe
Division of Senior Services



a complimentary monthly publication

CITY OF SANTA FE
DIVISION OF SENIOR SERVICES
Administration Office
1121 Alto Street, Santa Fe, New Mexico
Patricia Rodriguez, Director

Administration

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Mary Dean, Administrative Supervisor	955-4777
Gloria Polaco, Program Secretary	955-4721
Sadie Marquez, Reception	955-4741
Gladys Stewart, Reception	955-4741

Nutrition

Ron Vialpando, Assistant Director	955-4710
Lugi Gonzales, Program Administrator	955-4711
Yvette Sweeney, Administrative Assistant	955-4739
Carlos Sandoval, Inventory Supervisor	955-4749
Enrique DeLora, Inventory Technician	955-4750

Meals On Wheels Kitchen

Juan Apodaca, Program Supervisor	955-4748
Robert Duran, MOW Assessments	955-4747

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Rose Slade, Program Coordinator	955-4755
Christine Sanchez-Warren, Prog. Coordinator	955-4715

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Melanie Montoya, Volunteer Prog. Admin.	955-4761
Louise Kippert, FGP/SCP Admin. Secretary	955-4744
Linda Quesada, Section Clerk Typist	955-4733

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Cristy J. Montoya, Secretary	955-4743
Patricia Moeller, Senior Services Clerk	955-4735

In Home Support Services, Respite Care

Homemaker, Non-Medical Personal Care

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Senior Olympics/Physical Fitness

Ron Pacheco, Safe Kids/Safe Seniors	955-4754
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Danny Allen, Transportation Manager	955-4738
Fran Rodriguez, Transportation Dispatcher	955-4700
Cristina Villa, Transp. Admin. Secretary	955-4756

Miscellaneous

Lobby Area Phone	955-4735
Craft Room	955-4736
Pool Room	955-4737
Board Room	955-4757
FAX Machine - Administration	955-4797
FAX Machine - Nutrition	955-4794

Newsletter Production

Kristin Slater-Huff, Editor
Valerie Chelonis, Graphic Artist

CITY/COUNTY SENIOR CENTERS - For meal times, please call centers.

CHIMAYO	351-4686
Benny Chavez Community Center	
Chimayo, New Mexico 87522	
EDGEWOOD	281-2515
114 Quail Trail	
Edgewood, New Mexico 87015	
EL RANCHO	455-2195
Community Center	
P.O. Box 3860	
Santa Fe, New Mexico 87501	
ELDORADO	No Phone
1 Hacienda Loop	
Santa Fe, New Mexico 87505	
LUISA	955-4717
1522 Luisa St. (enter from Columbia St.)	
Santa Fe, New Mexico 87501	
MARY ESTHER GONZALES	955-4721
1121 Alto St. Santa Fe, New Mexico 87501	

PASATIEMPO (Rose Slade, Coordinator)	955-4755
Kitchen	955-6433
664 Alta Vista St.	
Santa Fe, New Mexico 87501	
RIO EN MEDIO	988-3053
Community Center	
El Alto Lane	
Rio en Medio, NM 87506	
SANTA CRUZ	753-8598
Abeldon Lopez Community Center	
Santa Cruz, New Mexico 87567	
VENTANA DE VIDA (Pacheco)	955-6731
1500 Pacheco St.	
Santa Fe, NM 87505	
VILLA CONSUELO	474-5431
1200 Camino Consuelo	
Santa Fe, New Mexico 87505	

DIRECTOR'S REPORT

Dear Seniors,

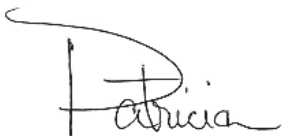
If you haven't visited the Mary Esther Gonzalez (MEG) Senior Center lately, I invite you to stop by and see the new center facelift. Improvements include a new senior information area, newly painted walls, new carpet, new tile, a plasma widescreen television and new furnishings. Our goal is to provide seniors with a home away from home at all eleven centers located throughout the City and County of Santa Fe.

Even though we have made some improvements, we intend to do more. The second phase of the MEG Senior Center renovation project is scheduled to begin this September. We will be expanding the cafeteria, adding a new conference room, and building a new office for the Nutrition Section. Additionally, the entire MEG Center will be re-roofed. According to the project architect, Agnew & Misfud, minor inconveniences may arise, but the MEG will remain open and all services should continue – business as usual - !!!

Thanks for your patience in dealing with the recent air-conditioning problems at the MEG and El Rancho Senior Centers. I know it was uncomfortable at times, however the \$50,000 set aside by the City to purchase a new air-conditioning unit for the MEG and the mechanical repairs made at the El Rancho Center should resolve this situation.

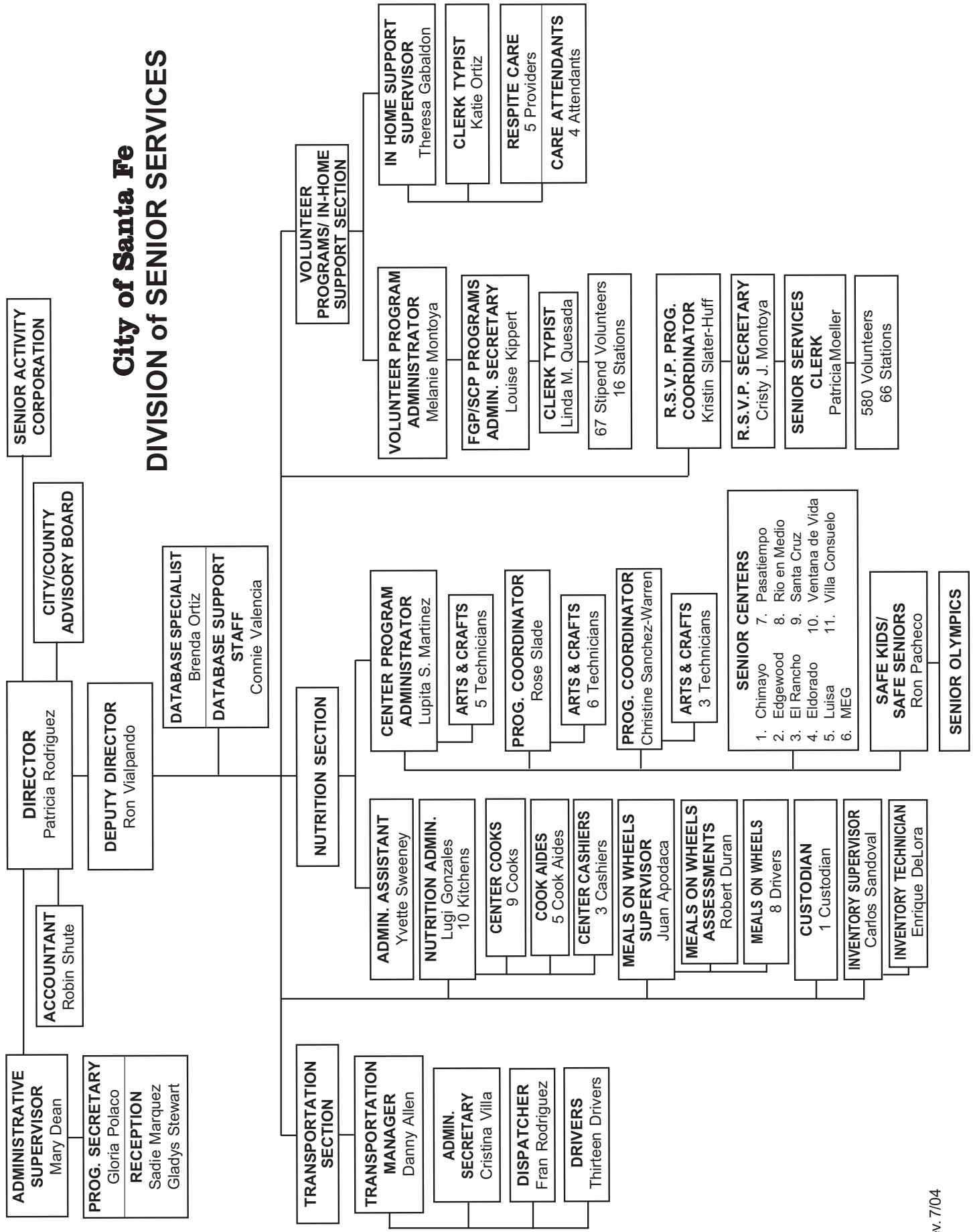
I wish everyone a wonderful and safe Labor Day and Fiesta weekend. Qué Viva! I hope to see you soon.

May God Bless You All,



Patricia Chavez-Rodriguez, DSS Director





NEWS & VIEWS

He will be missed.....

Gregory Alan Grisham, husband for twenty-one years of Michelle Lujan Grisham, the Director of the Aging and Long-Term Services Department, passed away suddenly on August 1, 2004.

He was born to Wyndoleen and Wilber Grisham on September 25, 1958 and grew up in Albuquerque. He was Director of Vertical Marketing at Basis International, a job which sent him all over the world. Greg loved horses and his zest for life gathered him countless friends and admirers.

Gregory leaves behind his wife Michelle and daughters Taylor Marie Grisham and Erin Kimberly Grisham. In lieu of flowers, the family asks that you celebrate his life by donating blood and signing an organ donor card.

St. Bede's Community Soup Kitchen

St. Bede's Community Soup Kitchen will soon be open to the public! The Kitchen is located at St. Bede's Episcopal Church, 1601 S. St Francis Dr. (corner of West San Mateo).

The grand opening of the soup kitchen will be Labor Day, Monday, Sept 6. All who are in need of a meal are welcome to come. Lunch will be served every Monday through Friday (including holidays) from 12:00 to 1:00.

St. Bede's invites volunteers to call and sign up to help out, in any of several volunteer roles. Donations would also be greatly appreciated.

For more information, please contact Nancy McDonald, Director, at 982-1133 or Kathie Odell, Volunteer Coordinator at 920-3848.

Alzheimer's Walk/Run

Get ready for the 2004 Tri-Cities Memory Walk/Run to support the New Mexico Chapter of the Alzheimer's Association. There will be a 5K Run and a 3K Walk, as well as a Kids Fun Run for ages 6 through 12. The entry fee includes a t-shirt, a raffle ticket and awards. Entry fees are \$30 for adults (age 13 & over) and \$20 for children.

Help fight Alzheimer's disease with your dollars.

The events will be on Saturday, September 25, starting at 8:15 a.m. at Pinon Park Pavilion in White Rock. For more information, call Richard at 471-2777.

Citizens' Police Academy

The Santa Fe Police Dept., the New Mexico State Police and the Santa Fe County Sheriff's Dept. will host a Citizens Academy, for any interested people. Students will learn about all three agencies in this course. The areas of coverage include, but are not limited to, the history of the agencies, prison gangs and street gangs, traffic investigation and SWAT teams.

The cost of the class is \$25 per person. Besides the class instruction, students will receive a Citizens Academy shirt and coffee mug. This is a 12-week course, starting September 23rd, 2004. Classes meet Thursday evenings from 6:30 to 9:00 p.m. and dinner is usually provided.

For more information, or to register, please call Jennifer Munoz at 955-5006.

Centers Closed

The City and County of Santa Fe Senior Centers will be closed on Monday, September 6, in observance of Labor Day and Friday, September 10, in observance of Fiestas.

There will be no meals served at the senior centers either day. On September 10, Meals on Wheels will be served and transportation will run until 11:30 a.m. for doctor appointments only.

Public Works Department

The city's largest department has a new brochure that describes what each of the six divisions does, provides phone numbers and features a map that shows where each division is located.

Public Works Department Director Mike Lujan explained, "Public Works is such a large department, we needed one comprehensive tool that could let the public know who we are, what services we provide and where we can be reached."

The divisions are Streets, Drainage and Fleet Management; Transportation Operations (including Parking and Airport); Transit (buses); Solid Waste Management; Property Control; and Engineering.

Copies of the brochure are located at City Hall in the mayor's and city manager's office, at each division's office, or call 955-6852 to receive a copy by mail.

How is the *Senior Scene* created?

Each month, Kristin Slater-Huff, RSVP Coordinator and editor of the *Senior Scene*, gathers information that she feels will be informative, instructive and interesting to the senior citizens of Santa Fe. She reads through articles and pamphlets, looks for current flyers, calls people for ideas, and generally keeps an eye out. She also welcomes input from you, the senior community (by the 10th of the month).

She coordinates with others to get the Director's report, the Senior Olympics page, and the menu completed and checked. Then, with a great deal of help, she types it up, edits and gathers last minute items, and proof reads the entire text.

Next, the information is emailed to the City's Graphics office where Valerie Chelonis, Graphic Artist, lays out the entire newsletter. She chooses the fonts and the spacing, selects appropriate graphic art, scans and inserts photographs, and lets Kristin know if there are empty spaces that need additional articles. She does this, along with all of her other work orders for City offices, some of which must occasionally take precedence over the newsletter.

After that, the newsletter gets another round of proofreading before it is sent to the City's Duplicating Office. Their staff often has huge jobs to accomplish with tight deadlines. So, among various other projects, they begin to make the 3,500 copies that Kristin requests. Often, one or more of their copy machines breaks down for several days or other emergency jobs interrupt the newsletter.

The hot-off-the-press newsletters are first taken to the Santa Fe City and County Senior Centers, Meals on Wheels, and public libraries. We also address envelopes and stuff them with newsletters to send out to the 500+ people on the mailing list. After that, we spend about 6 hours delivering over 1,500 copies to different locations around Santa Fe.

Usually, we manage to get through all of those steps and get the *Senior Scene* out to you by the first of the month. Sometimes, however, one or more of those steps is interrupted by a machine malfunction, a staffing shortage or another project that needs to be worked on immediately.

So, there are occasions (such as last month) when you might receive your newsletter after some of the listed events occur. We do realize that and we apologize for the inconvenience. We will continue in our efforts to get the *Senior Scene* to you in a timely manner every month.

Park and Ride for Fiestas Events

Zozobra (Sept. 9) *Santa Fe Trails* will have a park and ride from Villa Linda Mall to the Sheridan Ave. Transit Center. Buses run every 15 minutes, departing from Villa Linda Transit Center, starting at 3:20 p.m. The last bus leaves Sheridan Ave at 11:15 p.m. *All Aboard America* will have a shuttle from behind Albertson's at De Vargas Mall, starting at 6:00 p.m. with a drop-off at Paseo de Peralta and Grant. Service is every 15 minutes, with the last bus leaving from downtown at 11:15 p.m.

Pet Parade (Sept. 11) *Santa Fe Trails* will pick up at Villa Linda Transit Center, starting at 8:15 a.m. and running every 30 minutes to Grant and Palace Aves. The last bus departs from downtown at 7:40 p.m.

Historical/Hysterical Parade (Sept. 12) *Santa Fe Trails* will leave from Villa Linda Transit Center, starting at 10:45 a.m. and running every 30 minutes to Grant and Palace Aves. The last return bus leaves downtown at 5:45 p.m. *All Aboard America* will shuttle from Guadalupe at Cerrillos Rd. to De Vargas Park, beginning at noon and ending at 5:00 p.m.

Santa Fe Trails is \$1 each way, 50¢ for students and seniors. *All Aboard America* is free.

Thank You, Villa Consuelo Senior Center

Submitted by Senior Pat Moeller

The seniors have welcomed me into their center. I'm very appreciative for all their support and help they have given me. I enjoyed participating in their activities. I will certainly be looking forward to visiting Villa Consuelo Senior Center in the future.

Homeland Security Information Update

Submitted by Homeland Security Volunteer and senior D. Dante

The Homeland Security presentations scheduled from September to December, 2004 have been cancelled until further notice.

Be assured that the Office of Homeland Security cares about all the citizens of New Mexico and certainly about the senior citizens. In the event of an emergency, they will take care of our needs whatever they may be.

Thank you.

The Importance of Provenance

(By Edgewood Senior Simon Arzigian)

A popular television program is 'The Antiques Road Show' aired on PBS. The show travels to different cities where numerous individuals bring what they consider to be a treasure or antique to be evaluated by expert appraisers. One of the key questions the appraiser asks the individual who has bought an item to be evaluated is what background information is known about the item. In the trade this is known as the provenance, that is the source or origin of an item. The greater the amount of information the individual can provide about an item the better the appraisal will be. Sometimes the item's value is significantly increased because of its history or provenance.

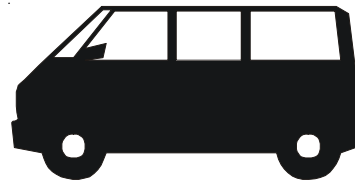


This subject of provenance came to mind one day as I watched "The Antiques Road Show" and noted that many of the individuals who had brought things to be evaluated knew little or nothing about the things. The individuals frequently said such things as, it was in their grandparent's home as long as they could remember, and knew nothing more about it.

Seniors have an obligation now to record or pass on information about possessions to their loved ones who may one day acquire them. Thus, the descendants will have the valuable provenance regarding the possessions. Too often we hear people say "I wish I had asked my parents or grandparents about this while they were alive." So you younger individuals, now is the time to do it.

Sometimes people have had things for a long time, but did not consider them to have much value. This is one of the lessons from the tv show. People many times have said that they rescued some items from the trash, and now the appraiser is telling them how fortunate that was because the item has considerable value.

So I recommend, if you have not already done so, to look around your house and see that information is recorded about things you have. Your descendants will thank you for this information which will be part of your legacy.



SENIOR TRANSPORTATION INFORMATION

Cost: Seniors age 60 or over .25¢ suggested donation per one way trip
Under 60, but ADA \$2.00 required per one way trip

Scheduling: Call for an appointment 24 hours in advance, before 3:00 p.m.
Rides are available 8:00 a.m. to 2:30 p.m. on Tuesdays
8:00 a.m. to 4:30 p.m. Mon, Wed, Thurs and Friday.

Call: Fran Rodriguez, Transportation
Dispatcher at 955-4700

Note: Drivers may arrive up to 15 minutes before or after scheduled pick-up time.

ECHO Commodities Food Distribution

At the County Extension Building.
3229 Rodeo Rd.

Third Tuesday of every month
9:30 a.m. - 1:30 p.m.

Next distribution September 21.
Call 505-242-6777 for more information.



Employment Opportunities

SER- Jobs for Progress and AARP Senior Employment Program have openings to hire eligible seniors. There are several positions each for Cook Aides and for Meals on Wheels drivers from the M.E.G. Senior Center.

All positions are 20 hours a week. Applicants must meet income guidelines and be at least 60 years of age.

For more information, please call Ron Vialpando at Senior Services at 955-4710.

The Santa Fe Playhouse

Famed writer Mary Austin incorporated the playhouse in 1922 as the Santa Fe Little Theatre. Celebrating and preserving the richness and texture of the Anglo, Native American and Hispanic cultures through live theatre is what Mary Austin envisioned. The Playhouse has stayed true to this vision for 82 seasons earning it the distinction of being the oldest continuously running theatre west of the Mississippi. Today the Playhouse offers never-produced playwrights the chance to see their work on stage and first-time performers to have opportunity to be on stage with seasoned actors. The Playhouse welcomes everyone who wants to participate in live theatre. Each season offers comedies, dramas and musicals. The adobe building is in the heart of the historic Barrio de Analco, one of the oldest town sections in the United States. For more information call 988-4262.

The *2004 Annual Fiesta Melodrama* by Anonymous Committee runs August 26- September 12.

What Is The Santa Fe Rape Crisis Center?

The Santa Fe Rape Crisis Center (SFRCC) was founded in 1973 to respond to the needs of survivors of sexual violence and their families in northern New Mexico. It is the SFRCC's philosophy that every individual is entitled to immediate, confidential, and appropriate care as a survivor of sexual violence. The center believes that all procedures should be performed with the informed consent of the survivor and the survivor's rights should be honored throughout the medical, legal, and recovery process.

Their services include:

- A 24-hour crisis hotline
- Medical and legal advocacy
- Crisis intervention
- Individual, group, and family therapy for children and adults
- Education and prevention services for schools and the community

For assistance or information, please call the SFRCC. The hotline for local Santa Fe calls is 986-9111. For long-distance calls, the hotline number is toll-free 1- 800-721-7273. Their business office line is 988-1951.

Se Habla Espanol

"From Grief to Laughter" Group

New Vistas will host this free group for adults with disabilities. The goal is to create a safe atmosphere where you can meet other adults with disabilities and share your resolved and unresolved issues pertaining to disability.

Topics discussed will include defining grief; stages of grief and how they relate to disability and bereavement; types of losses; gifts and gains; why grief gets stuck; communication with your disability; dealing with difficult feelings; and coping strategies.

The group will meet at New Vistas, 1205 Parkway Drive, Suite A in Santa Fe, and is limited to 8 participants. There will be 6 sessions beginning Sept. 17 1:00 to 2:30 pm. For more information, call Mary McGinnis at 471-1001, ext. 17.

Help Stamp Out Breast Cancer

As you may be aware, the U.S. Postal Service recently released its new "Fund the Cure" stamp to help fund breast cancer research.

Instead of the normal 37 cents for a stamp, this one costs 40 cents. The additional 3 cents go to breast cancer research. A regular book of stamps cost \$7.40. This one is only \$8.00. It takes a few minutes in line to buy it at the post office and it means so much.

If all the stamps are sold, it will raise a total of \$35,000,000 for this vital research!

Free "English as a Second Language" Classes

These classes are open to anyone who would like to learn English as their second language. Starting September 7, classes will be held at 1:00 p.m. every Tuesday and Friday for one month, at the Mary Esther Gonzales Senior Center at 1121 Alto St.

There is no fee, but classes are limited to 12 students. To reserve your space, please call Gloria at 955-4721.

Clases de "Ingles Como Segundo Idioma" Gratis

Empezando el día siete de septiembre, habrá clases de "ingles como segunda idioma" en el centro de mayores Mary Esther Gonzales 1121 el Calle Alto. Clases son cada martes y viernes a la una de la tarde por una hora, por un mes.

Estos clases son gratis y para personas que quieran aprender ingles, pero esta limitada a 12 personas. Para hacer su reservación para las clases, llame a Gloria, al 955-4721.

2004 8 Ball Pool Tournament

Written by Lucy Huckabee

There were lots of nerves and excitement at the Annual 8 Ball Tournament held in the Mary Esther Gonzales Senior Center Pool Room on Friday, July 30. All thirty participants, waiting for their turn to shoot, sat and watched anxiously as play progressed.



The competition began at 1:00 p.m. and continued until 4:00. Players had to win 2 out of 3 games with double elimination. There also was a single elimination conciliation bracket. All of the five regulation pool tables were utilized. All the participants were senior citizens and received t-shirts with a "2004 8 Ball Tournament" logo.

Refreshments (pizza and punch) were served to players and also to the many spectators who were enjoying the competition. At the awards ceremony, finalists were presented with trophies and gift certificates generously donated by Tomasita's Restaurant. Each senior pays \$1 per month for pool room privileges. These funds help pay for part of the tournament.

Congratulations to the winners:

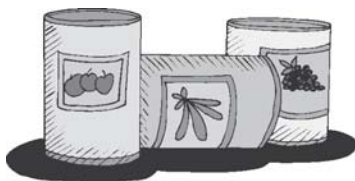
- 1st Place Ramon Martinez
- 2nd Place Lee Roy Huckabee
- 3rd Place Harold Huffman
- 4th Place Steve Rodriguez
- 5th Place Art Baca

Participants would like to thank Ramon Martinez and Nep Saavedra for all their time and effort as organizers.

Everyone had a great time! See you next year!

Food Drive

The new St. Bede's Community Soup Kitchen is asking for donations of food. They would like peanut butter, jelly, canned goods and dried or non-perishable foods. You can leave your donations at St. Bede's at 1601 St. Francis Drive, on San Mateo, or at the Mary Esther Gonzales Senior Center. Thank you for your generosity!



Caregiver Support Group

The City of Santa Fe, Division of Senior Services and Friends in Deed Peer Support and Guidance present a Caregiver Support Group free of Charge.

They provide education and emotional support to adults who are dealing with the stress associated when providing specialized care for homebound individuals with unique needs. In this supportive atmosphere, caregivers can relax and comfort each other and share experiences in meaningful ways.

Financial aid is available to hire a relief caregiver during your attendance.

They look forward to seeing you at Luisa Senior Center, located at 1522 Luisa St. (enter from Columbia St.) on Wednesday, September 22, 2004, from 1:00 p.m. to 3:30 p.m.

For reservations, please call Theresa Gabaldon or Gloria Polaco at 955-4721.

Crafts/Bake/Rummage Sale



There will be a community-wide sale of lovely crafts, delicious baked goods and bargain rummage items, to benefit the Retired and Senior Volunteer Program on Saturday, September 25th at the Mary Esther Gonzales Senior Center at 1121 Alto Street.

Mark your calendar for this exciting event! The sale will run from 8:00 a.m. to noon. Tables with chairs will be provided for \$5. Come and find early holiday gifts, yummy treats or surprise deals.

To reserve your space, please call Kristin or Cristy at 955-4760.

LEGAL & CONSUMER INFORMATION

Protecting Residents' Rights and Dignity

(From *Solving Nursing Home Problems: A Guide for Families* published by AARP)

Too often people lose even the simplest rights when they become nursing home residents. Losses of individuality, dignity, and control can devastate residents' mental and physical health. For these and other reasons, the law protects rights as basic as whether or not staff knock on the door before entering a resident's room.

You have probably heard the term "residents' rights". The Nursing Home Residents' Bill of Rights is an assurance that people can keep their privacy and dignity when they enter a nursing home. Residents' rights provide meaningful protection for your loved one and for you as his caregiver.

Note: This information is based on rights spelled out in the federal Nursing Home Reform Law of 1987. Most of these rights apply to all residents who live in nursing homes that accept Medicare or Medicaid, even if they are private pay residents. They may not apply to nursing homes that have only private pay residents. Check with a local long-term care ombudsman for specifics.

Rights vs. Responsibilities: Sometimes nursing homes provide their own version of the bill of rights. They may have a list of "rights and responsibilities" that suggests residents must fulfill certain responsibilities before they can exercise their rights. While the Residents' Bill of Rights does not give residents the right to behavior that would threaten the health or safety of others, residents need not do anything in return for exercising their rights.

Transfer to Another Room: The Residents' Bill of Rights does not offer residents the same protection against transferring to another room, or a change of roommate. It requires only that the resident receive advance notice. Other laws, however, may protect your loved one. Consult the ombudsman for more information.

Theft and Loss of Belongings: The disappearance of residents' possessions – everything from underwear to television sets – is one of the biggest problems for residents and families. While valuable items like jewelry always run the risk of theft, residents have a right to keep personal belongings. Nursing homes should have policies in place to prevent theft and reimburse losses.

Secrets of a Shrewd Test Drive

(From *Reader's Digest* May 2004)

Car dealers typically urge customers to test drive a new vehicle before buying it. David Champion of Consumer Reports wheeled out these strategies:

Drive at night. See if the car's headlights reach far enough in the distance to give you plenty of time to stop when objects are suddenly detected.

Review the view. Many new cars are designed with smaller windshields and raised trunk lids. "When you're first in line at a traffic light, can you look up through the glass and see it?" asks Champion. Also, parallel park to see if your view ends too abruptly when backing up.

Gun the engine. In park, rev the engine to 3,000-4,000 rpm. Listen for a smooth sound, not one that's coarse and jarring. On the highway hit the gas abruptly to see how quickly the car shifts into its passing gear. A lag of two to three seconds indicates a poor transmission.

Hear yourself think. Most noise enters the car through the floor. Close all windows and slowly drive along a gravel driveway. Also, drive over potholes. Exterior sounds should be faint.

Older Self-Employers

(From *People and Places Past* summer/fall 2004)

The self-employed these days tend to be older. Independence, it seems, is not just a young person's dream. In fact older Americans are the ones most likely to leave their jobs and join the ranks of the self-employed, according to a new report commissioned by AARP.

The report found the rate of self-employment actually increases with age. Among workers age 50 and older, 16.4% were self-employed, compared to 10.2% for the work force as a whole. There are, of course, push-pull factors, the study, *Self-Employment and the 50+ Population*, says.

Some workers are pushed into self-employment when they lose their jobs or leave for health reasons. Others are pulled, lured by dreams of independence and greater wealth.

The study found that on average the wealth of the self-employed was higher than for wage and salary workers. Americans age 50 and older make up 40 % of the self-employed. About one in three self-employed workers began working on their own after age 50.

RSVP THE RETIRED AND SENIOR VOLUNTEER PROGRAM

COMMUNITY NEEDS

The following are volunteer positions, and each comes with training and support. If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired & Senior Volunteer Program office, at 955-4760. We will enroll you in RSVP, provide you with free insurance, and give you volunteer support through banquets, gifts and mailings while we set you up in the volunteer job(s) of your choice.

St. Bede's Episcopal Church at the corner of W. San Mateo and St. Francis Drive is opening a **Community Soup Kitchen!** The grand opening is Monday, September 6th (yes, they will serve on holidays) and they plan to serve every weekday. They are looking for caring volunteers for many jobs. They need help to cook, serve, and clean; someone to put up some sturdy shelves for the extra food; people willing to translate between the Spanish and English speakers; health professionals to share their expertise with guests; drivers who could take a guest home at the end of the meal; and people who would enjoy playing the piano and/or singing once in a while. Everything there is fresh and new, and the volunteer coordinator is friendly and welcoming to all.

The **Mary Esther Gonzales Senior Center** dining room also needs some additional volunteers to work along side the terrific ones who are there now. Whether you enjoy plating the food from behind the counter, preparing the food in the kitchen, carrying trays for those unable to carry their own, or clearing the tables after seniors finish eating, there is plenty of room for you. You can choose your own schedule and do only what you are comfortable doing.

Do you live closer to our northern centers than to Santa Fe? **Hacienda de Salud / Espanola Nursing & Rehab** needs more volunteers to visit with residents. They are a cozy, homey nursing home tucked off a main road in Espanola, and the staff truly cares about the residents. They need more people who can spend a few hours a week visiting with residents and making the activities programs run more smoothly for residents.

You can help **Habitat for Humanity** build more houses this year in partnership with families that need a quality, affordable home. You do not need to be physically active or skilled to help them. They need volunteers to help in their office, in their resale store, or at the construction sites. You volunteer for any time period that is convenient for you.

Experience is not necessary. They train and provide all tools, equipment and support needed. Your valuable time and effort can help make affordable housing a realistic goal for Santa Fe County residents.



Santa Fe Care Center is looking for volunteers to provide one-on-one stimulation and companionship to some of their residents. They especially need volunteers who can play games, go shopping, sing, read, play musical instruments, or bring pets. Santa Fe Care Center is a 120-bed nursing facility on Harkle Road.

Making Memories for Hospice Patients

(Submitted by Phoebe Girard, Odyssey Hospice)

Two groups of seniors are meeting regularly to work on crafts projects that will enhance the lives of hospice patients.

Several women at Mary Esther Gonzales under the leadership of Karla Vigil have created beautiful memory boxes to be delivered to hospice patients. The seniors seem to be imagining the patient who might receive the box, thinking of various appealing themes like pets, gardens, travel and works of art. Each box has been crafted with love.

The women are developing future projects including table decorations, flower pots, book marks, and mementos. This group meets Mondays from 1:00 p.m. to 3:00 p.m. at MEG. A second group at Ventana de Vida is working on similar projects.

If you have craft materials or tools to donate or would like to participate, please call Karla Vigil at 983-5219.

Many thanks to all the wonderful volunteers who make the lives of hospice patients so much more meaningful.

Volunteering That Fits Your Life



(Expanded from *Reader's Digest* May 2004)

A packed schedule is the number one reason people give for not helping others. Even a little time makes a big difference. What you can do with extra time:

5 minutes Send an email. Become a career mentor to high school students through www.icouldbe.org. This award-winning non-profit steers underserved teens toward careers they never imagined.

30 minutes Plant an extra row in this year's garden for a local food pantry. It won't take much longer to tend and harvest, and then you can drop off your surplus while out running errands. For more on the program Plant a Row for the Hungry, visit the Garden Writers' Association at www.gwaa.org. The program hinges on a people-helping-people approach. There are over 70 million gardeners in the U.S., many of whom plant vegetables and harvest more than they can consume. If every gardener plants one extra row of vegetables and donates their surplus to local soup kitchens and food banks, a significant impact can be made on reducing hunger.

1 hour Read to kids. Child literacy volunteers are in high demand, says Nancy Macduff, a volunteer management expert at Washington State University. Connect to kids online at www.in2books.org. They motivate students in grades 2-5 to read, think, and write by matching them with adult pen pals coached to discuss important subjects through letters and thought-provoking books. Or, visit www.RollingReaders.org which helps you organize a program to read aloud in schools or tutor children who read below grade level.

1 week No time to spare during the day? Take a helping vacation. The U.S. Forest Service archeologists need assistance in preserving history. Visit www.passportintime.com for listings of projects, including archaeological excavation, rock art restoration, survey, archival research, historic structure restoration, gathering oral histories, or writing interpretive brochures.



The Volunteer Programs wish a very happy birthday to our RSVP, SCP and FGP volunteers born in the month of

September

Peggy Hemmendinger	9/1	Antonio R. Lopez	9/15
Russell P. Nystedt	9/1	Betty Bustos	9/16
Donald G. Sanders	9/1	Rita Kilkenny	9/17
Charles R. DeMuth	9/2	David F. Roybal	9/17
Lila Maes	9/3	Frances Sonnenberg	9/17
John A. Evans	9/4	Nell Barnes	9/18
Eleonor E. Hellman	9/4	Toni R. Gonzales	9/18
Neva F. Montoya	9/5	Norma R. Green	9/18
Zoilo Montoya	9/5	Susan A. Maslar	9/18
Corrine Vargas	9/7	Celina "Sally" Roybal	9/18
Carlota Valencia	9/8	Socorro Arroyo	9/19
Leonard Giordani	9/9	Annie L. Montoya	9/21
Burwell Grant	9/9	Carlos Aguirre	9/22
Sally Rangel	9/9	Sue Land	9/22
Leo Varela	9/9	Mary Grace Saiz	9/22
Pita Archuleta	9/10	Sue M. Clauve	9/23
Dorothea P. Dante	9/10	Margie Douglas	9/23
Mary Frances Ferrero	9/10	Mary Quick-Jones	9/23
Clark Johnson	9/10	Gordon A. Schaffner	9/23
Emily D. Lujan	9/10	Catherine S. Penny	9/25
Jake Martinez	9/11	Louise Rubio	9/25
Carol E. Johnson	9/12	Edna Maestas	9/27
Adelina Roybal	9/12	Alfonso De Herrera	9/28
Marjorie E. Segell	9/12	Stella Hernandez	9/28
Eunice Hathaway	9/13	Irene R. Maestas	9/28
Corinne C. Martinez	9/13	Grace G. Valdez	9/28
Alfred Quintana	9/13	H. Chris Davis	9/29
Roberta Van Welt	9/13	Roger Life	9/29
Jane Gabaldon	9/14	Leonor R. Rodriguez	9/29
Bruce H. Kidman	9/14	Enrique M. Montoya	9/30
Viola D. Lucero	9/14	Pat Stevens	9/30
Jo Martin	9/14	Emma Trujillo	9/30
Janet Amtmann	9/15		

Have a Great Day!

ACTIVITIES

Lovelace Sandia Health Systems will be available at the following senior centers with information about their health plan:

Santa Cruz Senior Center on Tuesday,
September 14th at 11:00 a.m.

Chimayo Senior Center on Wednesday,
September 29th at 11:00 a.m.

Fall Lecture Series

New Mexico History

Doug Peterson- Presenter

Legal Hearings, Trials and Tribulations

Mon. Oct 4: Coronado

Hearings and accusations on his activities in the exploration of New Mexico

Mon. Oct 18: Oñate

Trial and Despotism of changes against New Mexico's First Governor

Mon. Oct 25: Inquisitions Trials 1660's

Brought by the Italy office of the Inquisition against 2 governors and others

Mon. Nov 1: Vargas

Hearings, house arrest and subsequent exoneration of New Mexico's most famous Spanish Governor

Mon. Nov 8: Territorial Trials

Aftermath of the Lincoln County War and the Trial of Oliver Lee, charged in the disappearance of Albert Fountain and his young son

All lectures will be held at M.E.G.

9:30 AM to 10:30 AM

Please call Gloria to enroll in one or all lectures at 955-4721

Nutrition Presentation:

The Truth about Low Carb Diets

Sponsored the Santa Fe County Extension Office

Tuesday, September 21st at 1:30

M.E.G. Senior Center 1121 Alto St.

For information and to reserve your space, call Imelda Garcia at 471-4711.

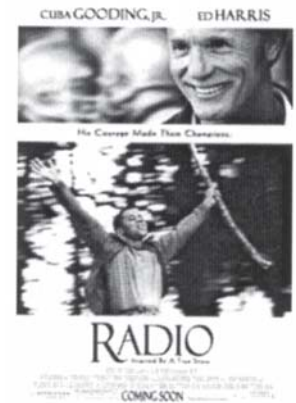
Senior Center Movie Days

MEG Senior Center

Projected on a huge, Theater-style 14'x16' screen

"Radio" on

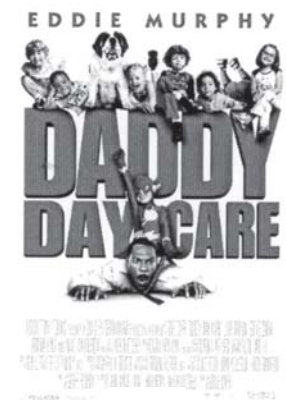
Thursday, September 9th at 1:15 p.m.



Based on a true, touching story about football coach Harold Jones (Ed Harris) befriends Radio (Cuba Gooding), a mentally-challenged student at T. L. Hanna High School in Anderson, South Carolina. Their friendship extends over several decades, where Radio transforms from a shy, tormented student into an inspiration to his community. Drama. Rated PG

Luisa Senior Center **"Daddy Day Care"**

on Wednesday,
September 29th
at 1:00 p.m.



In this hilarious movie, two men get laid off and have to become stay-at-home dads when they can't find jobs. This inspires them to open their own day-care center. Comedy/Family. Rated PG

ACTIVITIES

State Fair Day Trips

September 14th, 15th & 16th
(Tuesday, Wednesday & Thursday)

\$2 for round trip transportation

\$1 for gate entry

Bring money for lunch and spending.

Space is limited, so sign up early!

To reserve your space, call Gloria at 955-4721.



Senior Travel Committee Trips

Carlsbad, NM

December 6, 7 & 8, 2004.

Prices to be announced.

To reserve your space or for more information,
call Don Bell at 982-2707.

Laughlin, NV

October 5 - 8, 2004.

Includes three nights at the Edgewater Hotel/
Casino and round trip bus.

Cost per person:

Single room \$115

Double room \$105

Triple room \$100

October 5: Depart M.E.G. Center 7:00 a.m.
Arrive Laughlin 5:30 Nevada time.

October 8: Depart Laughlin 7:30 a.m.
Arrive M.E.G. Center 8:30 p.m.

Call: Joe Martinez at 471-6228 or 955-4721
or Leo Varela at 471-7452 or 955-4721

Body Movement Classes

Join Howard Albertsen in these short, enjoyable exercise classes. Participants may sit or stand as they learn useful movements. Howard skipped gym class all through high school, but he's a confirmed exercise fan now.

If he can do it, so can you!

Chimayo	Mondays	11:00
Edgewood	Tuesdays	11:00
El Rancho	Wednesdays	10:30
Santa Cruz	Wednesdays	12:00
Ventana de Vida	Thursdays	9:30
Luisa	Thursdays	1:15
Villa Consuelo	Fridays	10:30

Classes are free and everyone is welcome.

Fiestas Dance



Meet DeVargas and his Cuadria,
and La Reina and her Princesses.

Tuesday, September 7

Fraternal Order of Eagles
833 Early St.

From 1:00 to 4:00 p.m.

Music by Los Coronados

Refreshments will be served.

Cost: \$2 Bring your Senior ID Card.

This dance is generously sponsored
by Lovelace Sandia Health Systems.

ACTIVITIES



September Birthday Celebration

The Mary Esther Gonzales Senior Center will host a party in celebration of those with birthdays in September. Everyone is welcome on Friday, September 17th at 12:30 for cake, punch and entertainment.

It's Fiesta Time!

Meet DeVargas and his Cuadria, and La Reina and her Princesses.

Come for lunch and additional live entertainment throughout the lunch hour.

MEG Senior Center - Friday, September 3rd
11:15 to 11:45

Pasatiempo Senior Center - Wednesday,
September 8th 10:30 to 11:00

Luisa Senior Center- Thursday, September 9th
12:00 to 1:00

Villa Consuelo Senior Center – Wednesday,
September 8th 4:30 to 5:00

A Day at El Rancho de las Golondrinas

Spend Wednesday, September 22 taking a guided tour of Las Golondrinas Living History Museum.

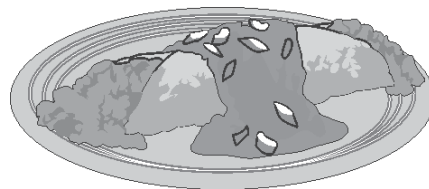
Enjoy a tour by Doug Peterson, and have a sack lunch prepared by the Nutrition Section.

Bring your walking shoes and a hat.

Fee of \$6 includes round trip transportation from MEG Center, entrance/tour and lunch.

Space is limited.

For reservations, call Gloria at 955-4721.



Autumn Potluck

Come to the Villa Consuelo potluck lunch on Wednesday, September 15th at 12:00.

Bring your favorite dish.

Door Prizes!

Crafts/Bake/Rummage Sale

Community-wide sale. Crafts, baked goods, and bargain items. Benefits the Retired and Senior Volunteer Program.

Saturday, September 25th

Mary Esther Gonzales senior Center
1121 Alto Street.

8:00 a.m. to 12:00 p.m.

Tables with chairs provided for \$5.
Come and find gifts, treats, and deals.

To reserve your space, call Kristin or
Cristy at 955-4760.

Aspen View Day Trip to Hyde Park

Friday, October 1st. Vans depart from MEG Center at 9:00 a.m., and return by 2:30 p.m.

Fee of \$6.00 includes transportation and a sack lunch.

Wear walking shoes. Dress for cool weather. Bring a light jacket, water, and a camera!

Optional: Ski Santa Fe chairlift, Round-trip lift ticket for seniors \$7.00. (Over age 72 ride chairlift free)



ACTIVITIES schedule by center

All activities are free of charge and open to anyone 60 years and over with a senior membership card.
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

Weaving Open Crafts Ceramics Shopping/Errands	CHIMAYO Monday Tuesday Wednesday Thursday	12:30 pm 12:30 pm 12:30 pm 12:00 pm	Coffee Social Guitar (beginner) Exercise Yoga Beg. Line Dancing Adv. Line Dancing Sing-A-Long (Span.) Sewing Wood/Straw Tai Chi Sounds of the Past (English)	PASATIEMPO Mon. thru Fri. Monday Mon./Wed./Fri. Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Mon. & Thurs.	8:00 am 9:00 am 10:00 am 8:30 am 12:30 pm 1:00 pm 11:30 am 1:00 pm 9:30 am 9:00 am 12:00 am
Board Games Ping-Pong Ceramics (beg.) Exercise Bingo Ceramics Leatherwork Sing-A-Long Art Technique	EDGEWOOD Mon. thru Fri. Mon. thru Fri. Monday Tuesday Tuesday Tuesday Wednesday Thursday Thursday	10:00 am 12:30 pm 1:00 pm 10:00 am 12:30 pm 1:00 pm 1:00 pm 1:00 pm 12:30 pm 1:00 pm			
Bingo Ceramics Weaving Open Arts & Crafts Shopping/Errands	EL RANCHO Mon./Wed. Monday Wednesday Tues./Wed. Thursday	12:00 pm 12:00 pm 9:00 am 12:00 pm 12:00 pm	Liquid Embroidery Ceramics Bingo	RIO EN MEDIO Wednesday Wednesday Wednesday	10:00 am 10:00 am 12:30 pm
Coffee Social Pool/Cards Liquid Embroidery Sing-A-Long Guitar Lessons Quilting Walking Bingo Movie Day	LUISA Mon. thru Fri. Mon. thru Fri. Monday Tuesday Wednesday Thursday Friday Friday Last Wed. of Month	8:00 am 8:00 am 9:00 am 11:45 am 9:00 am 9:00 am 8:30 am 1:00 pm 1:00 pm	Weaving Ceramics Open Crafts Exercise Wood/Straw Shopping/Errands	SANTA CRUZ Monday Monday Tues./Fri. Mon./Wed. Tuesday Thursday	9am/12:30pm 12:30 pm 9:00 am 9:45 am 12:30 pm 12:00 pm
Exercise Pool/Cards Bingo Movie Day Ceramics Wood/Straw Quilting Sing-A-Long	M.E.G. Mon. thru Fri. Mon. thru Fri. Mon./Wed. 2nd Thursday Wed./Fri. Thursday Thursday Friday	7:30 am 8:00 am 1:00 pm 1:15 pm 9:30 am 9:30 am 1:00 pm 11:30 am	Bd. Games/Cards Coffee Social Bingo Art Technique Open Crafts Exercise	VENTANA DE VIDA Daily Mon. thru Fri. Monday Tuesday Friday Daily	10:00 am 11:00 am 1:15 pm 1:15 pm 1:15 pm 8:30 am
			Coffee Social Ceramics Open Crafts Clay Bingo Wood/Straw	VILLA CONSUELO Mon. thru Fri. Mon./Wed./Fri. Mon./Wed./Fri. Mon./Wed. Tues./Thur. Wednesday	8:00 am 9:30 am 9:00 am 9:00 am 11:00 am 1:00 pm

Classes are subject to change or cancellation. For more information, please call 955-4725.

ACTIVITIES schedule by class

All activities are free of charge and open to anyone 60 years and over with a senior membership card.
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:15 pm	Tuesday

BINGO

El Rancho	12:00 pm	Mon./Wed.
Luisa	1:00 pm	Friday
M.E.G.	1:00 pm	Mon./Wed.
Rio en Medio	12:30 pm	Wednesday
Ventana de Vida	1:15 pm	Monday
Villa Consuelo	11:00 am	Tue./Thur.
Edgewood	12:30 pm	Tuesday

BOARD GAMES

Edgewood	10:00 am	Mon. thru Fri.
Ventana de Vida	10:00 am	Mon. thru Sat.

CERAMICS

Chimayo	12:30 pm	Wednesday
Edgewood (Beginner)	1:00 pm	Monday
Edgewood	1:00 pm	Tuesday
El Rancho	12:00 pm	Monday
Rio en Medio	10:00 am	Wednesday
Santa Cruz	12:30 pm	Monday
Villa Consuelo	9:30 am	Mon./Wed./Fri.

CLAY

Villa Consuelo	9:00 am	Mon./Wed.
M.E.G.	9:30 am	Tuesday

COFFEE SOCIAL

Luisa	8:00 am	Mon. thru Fri.
Pasatiempo	8:00 am	Mon. thru Fri.
Ventana de Vida	11:00 am	Mon. thru Fri.
Villa Consuelo	8:00 am	Mon. thru Fri.

CROCHET/EMBROIDERY

Luisa (Liquid)	9:00 am	Monday
Rio en Medio (Liquid)	10:00 am	Wednesday

EXERCISE

Edgewood	10:00 am	Tuesday
Luisa (Walking)	8:30 am	Friday
M.E.G. (Open)	7:30 am	Mon. thru Fri.
Pasatiempo (Class)	10:00 am	Mon./Wed./Fri.
Santa Cruz	9:45 am	Mon./Wed.
Ventana de Vida (Open)	8:30 am	Mon. thru Fri.

GUITAR (Beginner)

Pasatiempo	9:00 am	Monday
Luisa	9:00 am	Wednesday

LINE DANCING

Pasatiempo (Beg.)	12:30 pm	Tuesday
Pasatiempo (Adv.)	1:00 pm	Tuesday

LEATHERWORK

Edgewood	1:00 pm	Wednesday
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MOVIE DAY

Luisa	1:00 pm	Last Wednesday
M.E.G.	1:15 pm	2nd Thursday

OPEN ARTS & CRAFTS

Chimayo	12:30 pm	Tuesday
El Rancho	12:00 pm	Tues./Wed.
Santa Cruz	9:00 am	Tues./Fri.
Villa Consuelo	9:00 am	Mon./Wed./Fri.
Ventana de Vida	1:15 pm	Friday

PING PONG

Edgewood	12:30 pm	Mon. thru Fri.
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POOL/CARDS

Luisa	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am	Mon. thru Fri.

QUILTING/SEWING

Luisa	9:00 am	Thursday
Pasatiempo	1:00 pm	Wednesday
Ventana de Vida	1:00 pm	Friday
M.E.G.	11:30 am	Thursday

SING-A-LONG

Edgewood	12:30 pm	Thursday
Luisa	11:00 am	Tuesday
Pasatiempo (Spanish)	11:30 am	Wednesday
Pasatiempo (English)	12:00 am	Mon./Thurs.
M.E.G. (Spanish)	11:30 am	Friday

TAI CHI

Pasatiempo	9:00 am	Thursday
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WEAVING

El Rancho	9:00 am	Wednesday
Santa Cruz	9am/12:30pm	Monday
Chimayo	12:30 pm	Monday

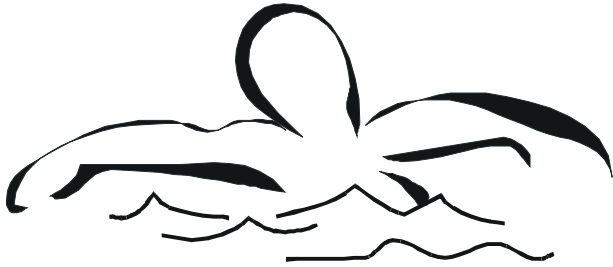
WOOD/STRAW APPLIQUE

M.E.G.	9:30 am	Thursday
Pasatiempo	9:30 am	Wednesday
Santa Cruz	12:30 pm	Tuesday
Villa Consuelo	1:00 pm	Wednesday

YOGA

Pasatiempo	8:30 am	Tuesday
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Farewell to a Respected Olympian



William J. Lizut, age 81, passed away suddenly on August 5 while preparing for his swim competition at the New Mexico Senior Olympics State Games in Las Cruces.

Never resting for a moment, Bill was active in Senior Olympics since 1988, winning State Games medals in track and field, dancing, bowling and air gun. In the house, he worked constantly at home improvement projects while consistently training for the next Senior Olympic competition.

At the time of his death, Bill was also taking woodworking classes and completing an upstairs library construction project.

Bill was seen as a role model by many Senior Olympians and he will be greatly missed.



Why is exercise important in today's society?

(Excerpted from the Waubensee Community College Total Fitness Center's Fitness Concepts by Stephen J. Brewer)

When I first read this question, I started thinking about all the physical benefits of exercise. There is no system in the human body that does not benefit from physical activity. Regular exercise will improve and enhance the efficiency of the circulatory, respiratory, digestive, neural, skeletal and muscular systems.

But then I was thinking, aren't these the usual reasons that people have been hearing for years? So I wanted to bring up another very important reason for regular exercise that sometimes gets lost in all of the physical benefit rationales. All of the listed physical benefits may help one live longer, but don't they also improve the quality of life?

Through regular exercise, people are capable of leading more productive, fulfilling lives. Regular physical activity will help increase one's mental and physical work capacities. Furthermore, exercise enhances a person's ability to enjoy leisure times.



Being physically fit allows a person to participate in so many more leisure time activities. When someone can't even make it up a flight of stairs without getting short of breath they are hardly capable of going away for a weekend ski trip, or even of spending a day shopping. Just going for a walk through the park, or around the block is too physically demanding for some people who, through inactivity, have allowed their physical abilities to diminish.

Proper health and physical fitness are also very important for the older person who is approaching, or has already reached, retirement. It is at this time in life when a person is supposed to finally have the time and the financial means to relax and participate in activities that there was just not time for before. If the physical abilities are not there to travel or take up new hobbies, what good are the money and time?

In short, exercise is important in today's society because it not only may improve the quantity of life, but it can also improve the quality of life!

SENIOR CENTERS MEMBERSHIP INFORMATION

Do you have a white Senior Center Membership ID Card?

All senior citizens who make use of the programs, transportation, activities or meals provided by the Division of Senior Services should have a Senior Center Membership ID Card. The card is white with the senior's photograph, emergency contact, medication information, and a barcode on it.

The barcode enables us to scan the card when we provide meals, transportation, activities, or commodities so that we can record units of service provided. The more units of service we can document, the more funding we receive to continue and expand our services to the senior population. So, it is very important to our programs for each senior to have a card and to bring it every time they use any Senior Services program.

If you do not have a card, please come get one. The card costs \$2 (\$1 for a reprint, if you lose yours or the information needs to be updated). The white cards NEVER EXPIRE!

THE FOLLOWING IS THE SENIOR ID SCHEDULE FOR SEPTEMBER 2004:

M.E.G. Center Tuesdays	Sept. 7, 14, 21, 28	9:30 to 12:00 & 1:30 to 3:00
M.E.G. Center Thursdays	Sept. 2, 9, 16, 23, 30	9:30 to 12:00 & 1:30 to 3:00

HEALTH

BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

All tests are free of charge and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results.

Tests this month will be conducted on the following dates:

M.E.G. Center - First & Second Tues. (Tests conducted by Joanne M. Valdez, RN, BSN and/or Joan Sudborough, RN, BSN)	September 7 & 14	11:00 a.m. to 12:00 noon
Luisa Center - First Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN and/or Joan Sudborough, RN, BSN)	September 2	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN and/or Joan Sudborough, RN, BSN)	September 9	10:00 a.m. to 11:00 a.m.
Pasatiempo Center - Third Tues. (Tests conducted by Joanne M. Valdez, RN, BSN and/or Joan Sudborough, RN, BSN)	September 21	11:00 a.m. to 12:00 noon
Ventana de Vida Center - Third Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN and/or Joan Sudborough, RN, BSN)	September 16	11:00 a.m. to 12:00 noon
Edgewood Center - Every Thurs. (Tests conducted by Valerie Dorcy, RN)	September 2, 9, 16, 23, 30	1:00 p.m. to 3:00 p.m.
El Rancho Center - Second Mon. (Tests conducted by Jerry Davis, RN)	September 13	10:00 a.m. to 12:00 noon
Santa Cruz Center - Third Wed. (Tests conducted by Frances Vigil, RN)	September 15	11:00 a.m. to 1:00 p.m.

HEALTH

Stroke Survivors Need to Move

(By Jim Evans)

DEAR JIM: My husband suffered a debilitating stroke last year which has left one side of his body partially paralyzed and has made it difficult for him to speak. His doctor has recommended that he exercise, but he has grown increasingly depressed and seems to have lost the will to do anything. At 72, these were supposed to be our “golden years” together, but I fear that I am losing him a little more every day. Do you have any suggestions? ANXIOUS IN ARKANSAS

DEAR ANXIOUS: More than 700,000 people suffer from strokes every year in this country and there is usually very little medical treatment or direct rehabilitation after the first few months following a stroke. Long-term recovery from stroke is most often dependent upon the patience and determination of the stroke survivor and his/her family. This is almost a contradiction in itself because the depression that so often accompanies stroke also suppresses the motivation to do the very things that will assist in the recovery process.

While exercise has always been a major factor in reducing the incidence of stroke and heart attack, the American Heart Association (AHA) has now acknowledged that “exercise can improve the quality of life among stroke survivors by strengthening muscles and improving mobility – all with the goal of restoring function” (*Journal of the American Heart Association*, April 27, 2004).

You should know that if your husband does NOT begin exercising, his health will likely continue to decline in, according to the AHA’s scientific committee that generated the above report, “a vicious circle of further decreased activity and greater exercise intolerance leading to secondary complications such as reduced cardio-respiratory fitness, muscle atrophy, osteoporosis, and impaired circulation to the lower extremities.” He must be made to realize that if he does not start taking personal responsibility for his recovery, he is not likely to improve and, in fact, will probably continue to regress.

His lack of motivation is spurred by many things – embarrassment, fear, and frustration among them. Small day-to-day accomplishments might help to restore his self-confidence and motivate him to extend himself more. For example, you might ask him to bring in the mail, water the lawn, or join you in a short walk around the block – anything

to get him moving. Depending on the severity of his stroke, he might need the assistance of a walker or cane for improved stability.

Encourage him and acknowledge his accomplishments with enthusiasm, but don’t “baby” him or treat him like an invalid. He will probably lash out at you frequently and say things that he doesn’t really mean, so don’t take it personally. It is just his way of venting his anger and frustration at his situation. You may also begin to feel isolated as friends and family members drift away. It’s not that they don’t care, but sometimes people feel uncomfortable around stroke victims. They aren’t sure about what to say or how to act, so they stay away rather than place themselves in an awkward position.

You might also consider enrolling your husband in a local health club, YMCA, or similar facility. It will get him out of the house (creating a temporary sanity break for you) and force him to learn how to function again in a social situation by dealing with his disability in public.

It is said that marriage is a 50-50 relationship, but it might be 90-10 against you for a while. Just remember that the stroke might have happened to you instead and the shoe would be on the other foot. The important thing is to encourage your husband to be as physically active as possible as quickly as possible so that he might begin to reduce his dependence on you and regain his confidence and self-esteem.

Women’s Health Conference

On September 10-12, the American College of Women’s Health Physicians and the Santa Fe National Community Center of Excellence in Women’s Health will host a conference entitled “Advancing Women-Centered Health Care, Sex and Gender-Specific care for Women: Beyond Bikini Medicine”.

The conference will be held at the Radisson Santa Fe Hotel. For more information, please call (847) 517-7420.



HEALTH

Safe At Home

(From *AARP Health Care Options* July 2004)

Guarding against falls and other home accidents

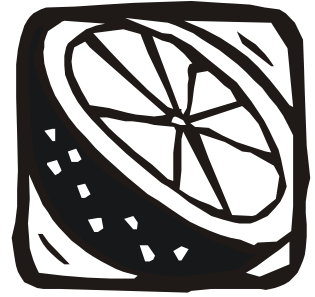
Slips and falls are the leading cause of unintentional home injuries and millions of Americans are literally only a step away from becoming victims. Approximately 5.6 million injuries and thousands of fatalities a year result from falls, according to a recent study conducted by the Home Safety Council, a nonprofit organization dedicated to the prevention of home injuries. The council offers the following safety tips as part of its safe steps initiative:

- **Railing**-Protect all stairs and steps with a secure banister or handrail.
- **Lighting**-Light all porches, hallways and stairwells. Use nightlights during nighttime hours.
- **Cut the clutter**-Keep stairs, steps, landings and floors clear. Tuck away telephone and electrical cords. If small children are around, make sure toys are safely put away when not in use and install safety gates at the top and bottom of stairs.
- **Get a grip**-Non-slip mats or adhesive safety strips keep rugs from slipping out from under you. Tub and shower decals can prevent nasty falls, and grab bars offer an extra ounce of prevention.
- **Keep the floor clean**-Promptly clean up grease, water and other liquids.
- **Use step stools with handrail**-When climbing is necessary.
- **Watch your medications**-Follow Rx dosages to the letter. Incorrect dosages or combining medications carelessly may lead to dizziness, weakness and other side effects that can lead to a dangerous fall.

Vitamin C for Alzheimer's?

(From Dr. Wiel.com)

Studies have shown that supplementing your diet with vitamin C can help boost mental ability and possibly reduce the risk of Alzheimer's and dementia later in life. Are you getting enough? I usually recommend 200 to 500 mg daily, divided into two doses, but there are times when taking more can be helpful. To find a level of vitamin C that's right for you, talk with your health care provider.



Research News...you can use!

(From *Healthy Aging*, spring 2001)

Testing for Cancer

On the horizon: urine testing to accurately detect prostate cancer in its earliest stages, which is literally years before it could otherwise be clinically detected.

Researchers say it's also possible to detect almost all bladder cancers and many kidney cancers from a urine test.

Depression, Anxiety and High Blood Pressure

New research shows that anxiety and depression increase peoples' risk for developing high blood pressure, although the reasons are unclear.

Researchers followed over 3,300 healthy adults who had normal blood pressure until the 1970's, for about 20 years.

More than 1/3 of the study's African American, female participants who suffered from anxiety and/or depression developed high blood pressure over time.

Food as Fuel

(From *Reader's Digest* May 2004)

Let's focus on the nutritional benefit of food on parts of the body:

Brain: Carrots, broccoli, fish, fruits and vegetables high in antioxidants

Eyes: A variety of foods rich in vitamins C and E, and lutein (kale, collard greens, citrus fruits, cantaloupe)

Lungs: Foods high in *beta carotene (mangoes, carrots, pumpkin, spinach, red peppers)

Heart: Fruits, vegetables, grains, fat-free and low-fat foods, fish, lean meats, legumes

Bones: Dairy products, dark green leafy vegetables, almonds, sesame or sunflower seeds

Skin: Again, those *beta-carotene-rich foods

Colon: High-fiber foods (oats, fruits, vegetables)



HEALTH continued

Rx-America Group, Inc. a non profit organization

Rx-America Group, Inc. is a non-profit organization that will help locate prescription medication that is discounted from 30-90%. This **FREE** service is currently offered to help lower prescription medication costs. Persons that qualify:

- Seniors (who **do not** have medical and/or prescription insurance)
- Persons without medical insurance
- Persons with limited coverage insurance or have exceeded maximum allowable co-payment on your insurance
- Medicare recipients
- Medicaid recipients

Through internet service, *Rx-America Group, Inc.* will research, locate and obtain your prescription medication from certified pharmaceutical companies throughout Canada and other countries.

**This service is for location of discounted doctor prescribed medication only and is not for diagnosing or treating your health care problems or disease, or to prescribe medication.*

To obtain a **FREE** prescription search, please fill out the attached form and mail to Director, c/o *Rx-America Group, Inc.*, PO Box 31753, Santa Fe, New Mexico, 87594-1753.

(PLEASE PRINT CLEARLY)

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

PHONE: _____

Best Time to Call: _____ Home Bound? _____ Yes _____ No

Prescriptions

Dosage (in ml. or mg.)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

PUZZLES

85 *CROSSWORD*

ACROSS

1. Angry
4. Coin opening
8. Large boat
12. Citrus drink
13. Broad
14. Jack rabbit
15. Chum
16. Biblical garden
17. Shakespeare's river
18. Grins
20. Makes level
21. "Kindergarten —," movie
22. Ice-cream holder

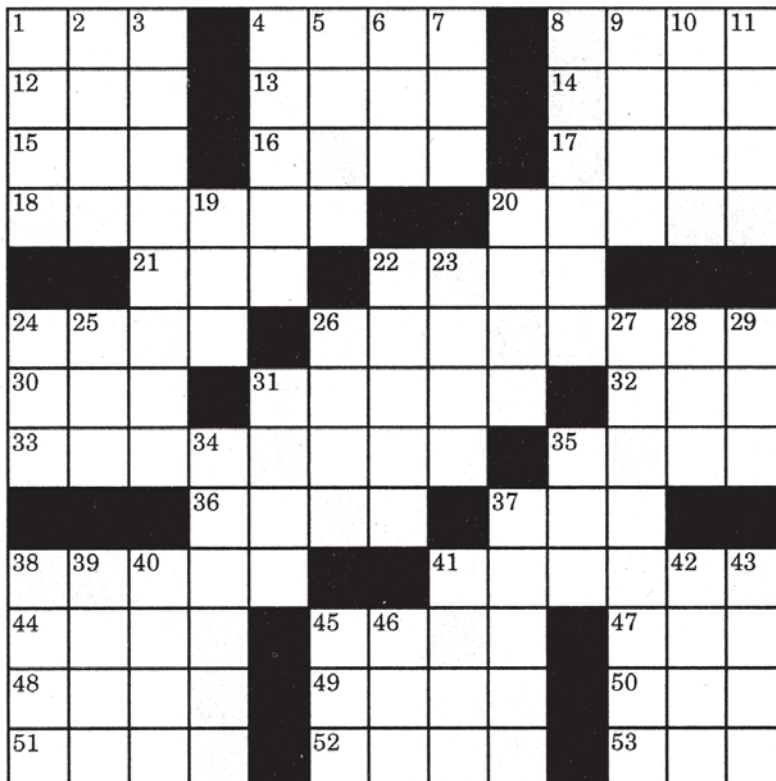
24. Chair or bench
26. Clothes closet
30. Have lunch
31. An LP has two
32. Cake (of soap)
33. Grapples (with)
35. Surrender formally
36. Put a stop to
37. Fishing pole
38. The Wall Street Journal, for one
41. GI's food allotment
44. A Great Lake
45. Toad's kin

47. Resident of 16-Across
48. Canvas shelter
49. Relieve
50. Unused
51. Back talk
52. Rams' mates
53. Dynamite's relative: abbr.

DOWN

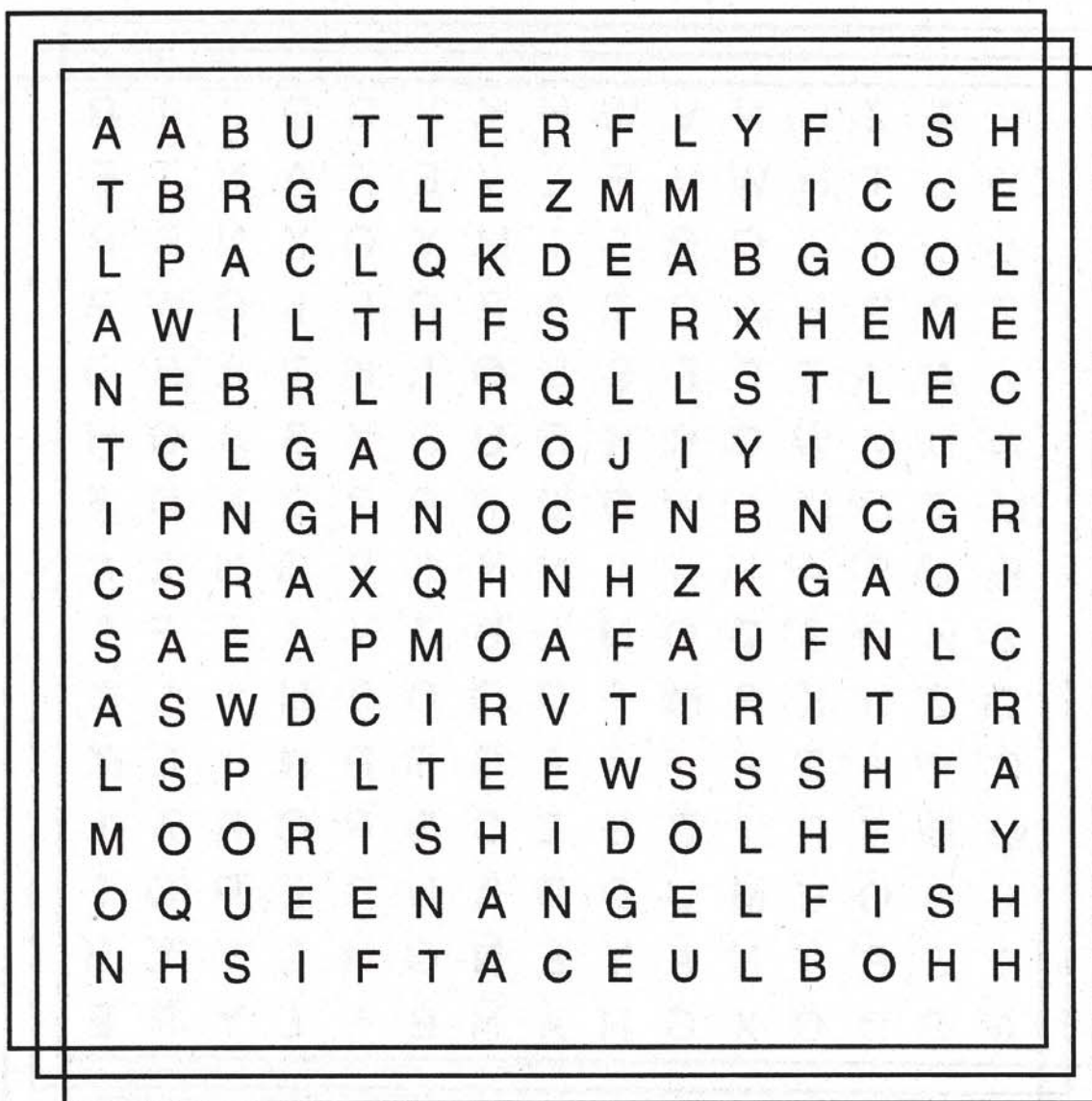
1. Charts a course
2. See 47-Across
3. Fragile
4. Use a broom
5. Pot covers
6. Lyric poem
7. Five plus five

8. One using a razor
9. Possess
10. Press (clothes)
11. Writing tools
19. Piece of ground
20. Terminates
22. West Point student
23. Raw metals
24. Stitch
25. Hearing organ
26. Document outlining bequests
27. Well-behaved
28. Evil
29. Before, in a 6-Down
31. Sky twinkler
34. Mattress coverings
35. Portable bed
37. Storms
38. House animals
39. Region
40. Bowlers' targets
41. Thorny flower
42. Baking chamber
43. Small salamander
45. Service charge
46. Uncooked



PUZZLES continued

FISH EVERYWHERE



W-0127

ANGELFISH
ARCTIC CHAR
ATLANTIC SALMON
BALLOONFISH
BLUE CATFISH
BUTTERFLY FISH
CARP

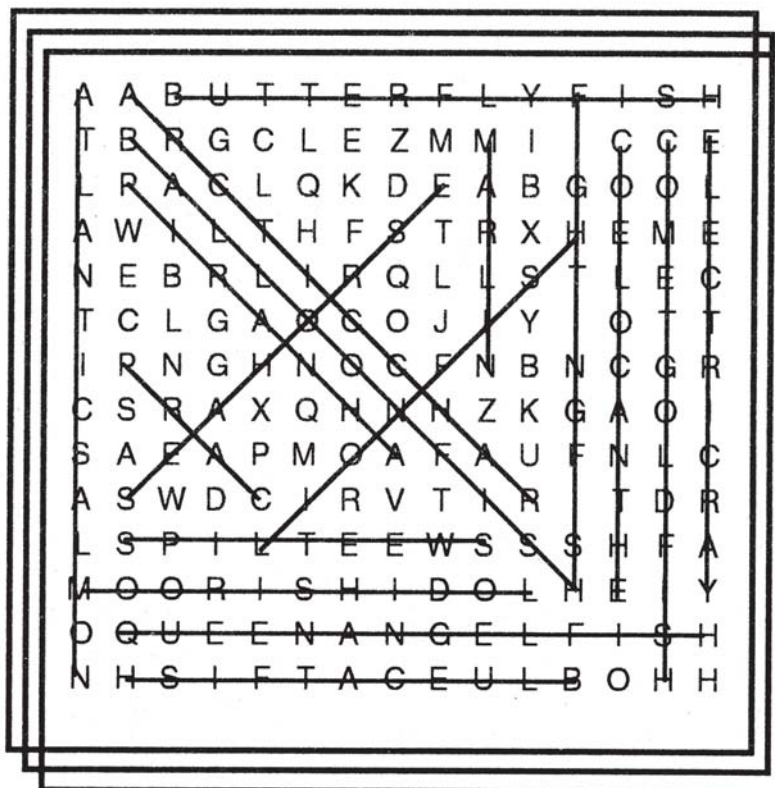
CATFISH
COELOCANTHE
COMET GOLDFISH
ELECTRICRAY
FIGHTING FISH
LIONFISH

MARLIN
MOORISH IDOL
PIRANHA
QUEEN ANGELFISH
SEAHORSE
SWEETLIPS

PUZZLE answers

CROSSWORD 85

M	A	D		S	L	O	T		S	H	I	P	
A	D	E		W	I	D	E		H	A	R	E	
P	A	L		E	D	E	N		A	V	O	N	
S	M	I	L	E	S			E	V	E	N	S	
		C	O	P		C	O	N	E				
S	E	A	T		W	A	R	D	R	O	B	E	
E	A	T		S	I	D	E	S		B	A	R	
W	R	E	S	T	L	E	S		C	E	D	E	
		H	A	L	T			R	O	D			
P	A	P	E	R				R	A	T	I	O	N
E	R	I	E		F	R	O	G		E	V	E	
T	E	N	T		E	A	S	E		N	E	W	
S	A	S	S		E	W	E	S		T	N	T	



SENIOR CENTER LUNCH MENU

SEPTEMBER 2004

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		SALISBURY STEAK MASHED POTATOES BROWN GRAVY CHEESY BROCCOLI BANANA ROLL MILK	CHICKEN SALAD TOMATO SLICES BEAN SALAD BROWNIE CRACKERS MILK	LASAGNA WITH MEAT SAUCE ITALIAN VEGGIES TOSSED SALAD PEACH CRISP GARLIC TOAST MILK
6	7	8	9	10
ALL CENTERS CLOSED IN OBSERVANCE OF LABOR DAY	CHICKEN TENDERS 5-WAY VEGGIES MASHED POTATOES CREAM GRAVY FRUIT JUICE WHEAT BREAD MILK	ROAST BEEF SCALLOPED POTATOES GREEN BEANS PINEAPPLE BITS ROLL MILK	FRITO PIE W/ CHILI BEANS MEXI CORN COLE SLAW MIXED FRUIT CRACKERS MILK	ALL CENTERS CLOSED IN OBSERVANCE OF FIESTAS MEALS ON WHEELS ONLY
13	14	15	16	17
SLOPPY JOE TATER TOTS TOSSED SALAD PEACH BUN MILK	GREEN CHILE CHICKEN ENCHILADAS PINTO BEANS SPANISH RICE ORANGE TORTILLA MILK	BAKED HAM HONEY GLAZED YAMS ASPARAGUS PIE ROLL MILK	TERIYAKI CHICKEN STEAMED RICE ORIENTAL VEGGIES EGG ROLL FORTUNE COOKIES ROLL MILK	SWEDISH MEATBALLS NOODLES PEAS CHERRY CRISP ROLL MILK
20	21	22	23	24
CORN DOG PORK & BEANS COLE SLAW ORANGE MILK	MEAT LOAF CREOLE SAUCE RICE PILAF SPINACH APPLE ROLL MILK	SAUSAGE WITH SAUERKRAUT BOILED POTATOES CARROTS SLICED PEARS ROLL MILK	CHICKEN BREAST WITH CREAM OF MUSHROOM SAUCE GARLIC NOODLES VEG. MEDLEY APRICOTS ROLL MILK	TAMALE WITH RED CHILE SAUCE PINTO BEANS SPANISH SLAW SHERBET TORTILLA MILK
27	28	29	30	
MACARONI AND CHEESE WITH DICED HAM CASSEROLE PEAS PEACHES ROLL MILK	GREEN CHILE TORTILLA BURGER REFRIED BEANS CUCUMBER SALAD APPLE CRISP MILK	PORK ROAST MASHED POTATOES BROWN GRAVY MIXED VEGGIES ICE CREAM ROLL MILK	BAKED COD PASTA WITH SAUCE CALABACITAS PLUMS ROLL MILK	

Please note: At MEG Center only, on any given day, you may choose soup and salad rather than the hot meal listed above.